

① it's spiritual ascension
counterpart (the

spiritual ascension
of the helicopter)

Possibly connecting
the pitidal gland
back and forth from
the spiritual to
the ephemeral at
the same point of
"sakinnah" (tranquility
that Allah has
written eternally for
my heart.

It becomes incumbent
upon me to memorise
the sayings of sakinnah
and regularly read, understand,
and implement them